

Lamaze Breathing Techniques During Labor



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INTRODUCTION:

Lamaze is a method of child birth in which the expectant mother is prepared psychologically and physically to give birth without use of pain relieving drugs.

LAMAZE:

Lamaze is a breathing technique used to help the pregnant mother to relax during labor. In case of a first time mother, it is likely that the unknown pain related to labor can cause trepidation concerning the labor process. Lamaze breathing is a coping mechanism that allows to decrease the perception of pain associated with delivery.

METHOD:

This is a method of psychological preparation for



child birth developed in the 1950s.

It requires classes, practice at home and coaching during labor and delivery.



The classes will be given during the pregnancy:

- ✧ Teach the physiology of pregnancy and child birth.
- ✧ Exercises to develop strength in the abdominal muscles and control of isolated muscles of vagina and perineum.
- ✧ Technique of breathing and relaxation to promote control and relaxation during labor.
- ✧ The woman is conditioned by repetition and practice to dissociate herself from the source of a stimulus by concentration on a focal point by consciously relaxing all muscles and by breathing in a special way at a particular rate.
- ✧ The kind and rate of breathing changes with the advancing stages of labor.

a. During the early first stage of labor:

- ❖ When the cervix is <5 cm dilated, contractions occurs at 2-4 mts and lasts for 40-60 sec. Then with frequency of mild to moderate strength, the mother does slow chest breathing during contractions.
- ❖ Her fingers may rest lightly on lower ribs to feel them rise and fall. She may perform an effleurage or

rhythmic finger tip massage of her lower abdomen during the contractions.

❖The rate of respiration is 10 or fewer breathes in a minute, increasing to 12/min as labor intensifies.

b. During active part of first stage of labor:

❖From active part of first stage of labor, up to second stage, the cervix is 5cm to nearly fully dilated. Now the mother breathes quickly and shallowly in her chest.

❖The rate of her breathing varies with the strength of the contractions; to as fast as once a second at the peak and slowly to every 6 sec as the uterus relaxes.

❖She is coached to concentrate at the focal point she has selected, to perform the effleurage of her abdomen to relax her perineal and vaginal muscles, and to take a cleansing breathe at the beginning and end of each contraction.

c. At the end of first stage of labor:

❖The cervix is almost completely dilated, and the contractions are strong, occurs every 1.5-2 mts and lasting for 60-90 sec.

❖The mother feels the urge to bear down. She aids pushing before full dilatation by combining several light, shallow breathes in the chest with short puffing exhalations.

d. During second stage of labor:

❖The mother head and shoulders are supported with pillows. During contractions, she is helped to draw her legs back, flexing the thigh against the abdomen, holding them behind the lower thigh with her hands.

❖Her chin is tucked on her chest, the air is blocked from escaping from her lungs, her perineum is relaxed and she bears down forcibly.

❖Depending on the length of the contraction, several pushes of 10-15 or more seconds, may be possible during the contractions.

❖As the baby head crowns, she is asked to push lightly, so that head may be delivered slowly.

ADVANTAGES:

❖The need for little or no analgesia for relief of pain during labor.



❖It gives great sense of self satisfaction at delivery, it teaches the women to avoid fears about doubts.

❖It focuses on providing a positive environment and well being during delivery. It encourages the interaction between body, mind and environment.

DISADVANTAGES:

❖Pain will be present despite practice in the Lamaze method.

❖This is done to combat the actual pain involved in delivery and may act as a distraction during early onset of pain only.

❖Need lot of commitment and patience, classes can be costly and needs a trained person to teach the method.

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